



City of Nashua,  
Division of Public Works  
Mayor Jim Donchess

## 2016 CARAMBA SOCCER CAMP

BOYS AND GIRLS  
MAIN DUNSTABLE SOCCER  
FIELDS

AGES 6 - 15

JULY 11- JULY 15

5:00 PM - 8:00 PM

\$110/RESIDENTS &  
\$130/NON-RESIDENTS

AGES 4 & 5

JULY 12 JULY 14

6:00PM—8:00PM

\$60/RESIDENTS &  
\$70/ NON-RESIDENTS



## WHERE TO OBTAIN PARKS & REC. INFORMATION



### Nashua Park and Recreation

Information about Parks & Recreation events and clinics being held throughout the summer will be available at the following locations:

- Jeannotte's Market
- Bright Spot
- City Clerk's Office
- Nashua Public Library
- Public Schools
- Private Schools
- The Parks & Recreation Department

The Parks and Recreation Department can also be reached via the City of Nashua's website at [www.gonashua.com](http://www.gonashua.com).

Questions or concerns can be directed to:

**Tom Dwane, Program Manager**  
[dwane@nashuanh.gov](mailto:dwane@nashuanh.gov)

**Kellie Oberholtzer, Program Coordinator**  
[oberholtzerk@nashuanh.gov](mailto:oberholtzerk@nashuanh.gov)

### Nondiscrimination Policy

*The City of Nashua does not discriminate against any individual or group with respect to religion, color, national origin, sex, or handicap for the use of its parks and recreation facilities or any other programs.*

### 2016 NASHUA SUMMER SOCCER CAMP REGISTRATION FORM

Child's Name \_\_\_\_\_ D.O.B. \_\_\_\_\_ Age \_\_\_\_\_ (At Camp Date)

Address \_\_\_\_\_ Home # \_\_\_\_\_ Emergency # \_\_\_\_\_

Medical Problems \_\_\_\_\_ Email Address \_\_\_\_\_

**TUITION NOT REFUNDABLE AFTER JULY 4, 2016** Cost for Camp: \$110 RESIDENTS \$130 NON-RESIDENTS

Tot Camp: \$60 RESIDENTS \$70 NON-RESIDENTS

☐ (must check box) I have read, agree to and completely understand the Release and Waiver of Liability online at [www.gonashua.com](http://www.gonashua.com). I understand that the City of Nashua and those associated with the camp program will be absolved of all injuries or accidents incurred in this program. In the event of injury or accident, the staff has my permission to provide necessary medical care.

Parent/Guardian \_\_\_\_\_ / \_\_\_\_\_ Date: \_\_\_\_\_  
(Sign Here) (Print Here)

Mail Check and Application to: Parks-Recreation Department, 100 Concord Street, Nashua, NH 03064-1729.

**Make Checks Payable to: City of Nashua**

## DIRECTOR/COACH

### JORGE PARDO

- Head Soccer Coach at St. Paul's School
- 2005 CONCACAF Stadium Announcer
- Former Director of Coaching for the NHSA Competitive/Amateur
- USSF "B" License
- USSF "National Youth" License
- NSCAA "Advanced National" Diploma
- NSCAA "Goalkeeping" Certificate
- 1982 member of U-17 Youth National Team in Columbia
- 1995 member of the Boston Storm, Professional Soccer Team
- 1999 NHIAA and NHSA Girls Coach of the Year

## CARAMBA SKILLS

Our emphasis is on "THEME" training sessions that will be introduced to the players each day. Topics such as Defending, Attacking, Possession, Positional play, and Re-starts will be the focus of each day in addition to conditioning and skill development. The last hour of each daily session will be spent teaching tactical games situation to promote the players making decisions on their own. Goalkeeping will be done every day as part of the program. Our philosophy is to promote many touches on the ball through the use of recreational games. Many of our coaches are educators as well as players, and understand the physical and psychological development of the participants we work with.

## PROGRAM CONTENT

- Goalkeeping
- Speed Training/plyometric
  - Multi-touch training
    - Dribbling skills
- First touch & receiving
  - Finishing
- 1v1 & 2v2 attacking & defending
  - 4v4 soccer arenas
  - Game situations

### Daily Activities

- A warm-up session will be completed before activities begin, and a cool down session will be performed at the end of each day to avoid unnecessary injuries
- Goalkeeper training will be provided on a daily basis
- Six training stations include coervers, passing, dribbling, receiving, shooting and fitness



## WHAT TO BRING

- Athletic Clothing
- Soccer Cleats
- Soccer Skin Guards
  - Water
  - Snack
  - Sunblock
  - Bug Spray

## PLEASE CHECK CAMP

- ☐ Soccer Camp  
Boys & Girls Ages 6 - 15  
July 11 to July 15  
5:00pm to 8:00pm  
Residents \$110  
Non Residents \$130  
Main Dunstable Soccer Fields
- ☐ Tot Soccer Camp  
Boys & Girls Ages 4 & 5  
July 12 to July 14  
6:00pm to 8:00pm  
Residents \$60  
Non Residents \$70  
Main Dunstable Soccer Fields



## MORE INFORMATION

For more information about the camp please visit the Caramba Skills Camp website at  
Soccerskillscamp.org  
Email  
[carambasoccercamps@gmail.com](mailto:carambasoccercamps@gmail.com)